



THE ART OF HERBS

BASIL PESTO

- 1 cup of sunflower seeds or pine nuts
- 1/2 to 3/4 cup of olive oil
- salt (to taste)
- 2-3 cloves of garlic
- 1/2 cup of parmesan cheese
- Approx. 4 cups of basil, gently packed

Blend seeds or nuts in blender or food processor until finely ground. Add garlic. Then with blender running, add basil leaves a few at a time until the basil leaves pile up and it won't blend. Start pouring in olive oil and alternate the rest of the basil leaves and olive oil, continue blending until basil is well incorporated and you have a thick paste. Hand stir in salt and cheese, serve and enjoy! This can be stored in the refrigerator or frozen.



THE ART OF COOKING

BUTTERMILK BISCUITS

- 2 cups soft white flour
- 2 cups unbleached white flour
- 8 tsp. baking powder
- 1 tsp. salt
- approx. 1 cup lard or coconut oil
- approx. 1 ½ cups buttermilk

Mix dry ingredients together in large bowl. Add small amount of lard or oil - mix with hands until mixture is crumbly. Stir in enough buttermilk to moisten. Knead briefly. Roll out on floured surface. Cut out biscuits and place on baking sheet. Bake at 400° for 12-15 minutes or until lightly brown on top.



THE ART OF HERBS

COMFREY TEA

Place 5-10 leaves of crushed-cut and bruised comfrey.
Pour 4 1/2 gallon of water and let steep 1-2 days. Strain. Use approximately 1 pint of "tea" around the base of plant 1 time a week or so, especially in the spring. This "tea" is high in; Calcium, Potassium, Vit. A and C, Nitrogen, Protein and Phosphorus.



THE ART OF BREAD MAKING

CORNBREAD

- 2 cups of Cornmeal
- 1 teaspoon of Salt
- 2 teaspoons of Baking Powder
- 1/4 cup of Oil
- 2 cups of Buttermilk
- 2 Eggs

Mix dry ingredients together then add wet ingredients. Mix briefly. Pour into hot skillet and bake at 350 degrees for 10 to 15 minutes.



THE ART OF CANNING

GREEN TOMATOES FOR FRYING

Slice green tomatoes, uniformly in 1/4 to 1/2 (you can use an electric knife). Pack in wide mouth quart jars leaving 1 1/2 inch head space. Add 1 teaspoon salt to each jar. Pour boiling water to cover tomatoes leaving 1 inch head space. Put on hot lids & rings. Water bath 5 minutes in boiling water bath. When ready to have fried green tomatoes, drain and coat in egg then flour mixture and fry in hot oil. Drain on paper sack or towel.



THE ART OF BREAD MAKING

HAMBURGER BUNS AND CINNAMON ROLLS

- 4 to 5 cups of Flour
- 2 tablespoons of Yeast
- 1 cup of Milk
- 3/4 cup of Water
- 1/2 cup of Oil
- 3 tablespoons of Honey
- 1 teaspoon of Salt

Mix 2 cups of flour with 2 tablespoons of yeast. Heat the water, oil, milk, honey, and salt until very warm. Pour into flour mixture and beat well. Start adding the rest of the flour until dough is soft. Knead briefly then let rest for 10 minutes. For Hamburger buns roll out to 1/2 inch thickness on well floured surface. Cut out buns with large mason jar ring and let rise for half an hour on greased baking sheet. Bake at 400 degrees for 12 to 15 minutes. For cinnamon rolls, roll dough out flat and brush on brown sugar/melted butter mixture. Sprinkle on cinnamon, roll dough and slice. Let rise for half an hour then bake at 400 degrees for 12 to 15 minutes.



THE ART OF DAIRY DELIGHTS

HOMEMADE ICE CREAM

- 4 cups milk
- 4 cups cream
- 1 ½ cups sugar
- 5 eggs
- 2 tsp vanilla
- pinch of salt

Warm milk and cream on low heat. In a mixing bowl, combine remaining ingredients. Beat until smooth. Slowly stir mixture into milk and cream. Let cool. Pour into ice cream maker canister. Freeze in ice cream maker.



THE ART OF HERBS

ITALIAN HERB MIX

- 1 part dried oregano
- 1 part dried thyme
- 1 part dried parsley
- 1/3 part salt

Mix together and put into a shaker container, label and date.



THE ART OF COOKING

MAYONNAISE

- 1 cup olive oil-light (or other vegetable oil)
- 1 Tbsp. distilled white vinegar
- 1 Tbsp. lemon juice
- 1 egg
- ½ tsp. salt

Pour ¼ cup of oil into blender. Add vinegar, lemon juice, egg and salt and blend for 5 seconds. Remove blender lid. With blender running, add remaining oil in a thin steady stream - turn off blender after all oil has been added. Use right away or refrigerate for up to 1 week.



THE ART OF CANNING

MOCK PINEAPPLE

- 7 quarts peeled, de-seeded, cubed or shredded zucchini
- 1 (46 oz) can of pineapple juice, not from concentrate
- 1 1/2 cup lemon juice
- 3 cups sugar (we use Evaporated Cane juice or Raw Sugar)

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Mix juices & sugar together until dissolved. Pack squash tightly in quart jars to the top (squash will shrink down during the canning process) Ladle in juice sugar mixture. Run the end of a spatula or wooden spoon between food and jar sides to release any air bubbles. Add more liquid if necessary. Fill to just above shoulder of jar. Pressure can 10 minutes at 5 pounds pressure. Use in recipes that call for pineapple. Yields 7 quarts.



THE ART OF DAIRY DELIGHTS

MOZZARELLA CHEESE

- 2 gallons whole milk
- 2 ½ tsp citric acid (dilute in ¼ cup of cool water)
- ¼ tablet rennet (dissolved in ¼ cup of cool water)
- ½ gallon water (heated to boil)
- ½ cup salt (dissolved in the ½ gallon of boiling water)

Stir citric acid solution into cold milk - stir for 2 minutes. Heat milk to 88 degrees & remove from heat. Add rennet solution - stir for 15-20 seconds. Let mixture stand for half hour, or until it coagulates. Cut into 1 inch squares. Let stand for 5-10 minutes until whey separates from curds. Heat slowly to 108 degrees and keep well stirred. Remove from heat and allow to stand for 20 minutes - stirring occasionally. Drain in colander for 15 minutes. Cut curd into 1 inch strips and lay criss-cross in a bowl. Pour hot salt water over curd strips and stretch with wooden spoon, pulling up and down until soft. Gather and shape in a ball. Place in container or mold and refrigerate.



THE ART OF HERBS

NATURALLY EFFECTIVE BUG SPRAY

- 4 parts apple cider vinegar or a light oil such as almond or safflower
- 3 parts herbs, one or more of the following; lemon grass, lavender, rosemary, basil.

Chop and crush herbs and put in jar. Pour room temperature vinegar over the herbs. Label and date the jar. Shake or stir daily for 10-14 days keep in a dark place. Strain, bottle and label. You can add a few drops of essential oils for more effectiveness such as, citronella, basil, rosemary, lavender or lemon grass.



THE ART OF CANNING

OKRA PICKLES

- 3 1/2 pounds small okra pods
- 2 cups white vinegar
- 1 1/2 cup lemon juice
- 1 quart water
- 1/3 cup salt
- 2 teaspoons dill seed
- 5 garlic cloves
- 5 hot peppers

Put one garlic clove and one hot pepper in each pint jar. Pack okra firmly into jars. Mix other ingredients in 3 quart pan and bring to a boil. Pour boiling brine over okra, leaving 1/2 inch head space. Put on lids and rings, boil 15 minutes in water bath. Yield 4-5 pints.ts.



THE ART OF COOKING

PANCAKES

- 2 cups sifted flour
- 2 tsp. baking powder
- 1 tsp. baking soda
- $\frac{1}{2}$ tsp. salt
- 2 Tbsp. sugar
- 2 eggs
- $\frac{1}{2}$ cup vegetable oil
- 1 $\frac{3}{4}$ cups buttermilk

Sift dry ingredients into mixing bowl. In another bowl, beat eggs slightly. Add oil and buttermilk to eggs. Combine egg mixture with dry ingredients - stir just to moisten. Fry on hot skillet or griddle on both sides until lightly brown.



THE ART OF COOKING

PEACH COBBLER

- 1 cup flour
- 1 Tbsp. baking powder
- ½ tsp. salt
- ½ cup melted butter
- 1 cup sugar
- ½ cup milk
- 1 egg - beaten
- 2 cups sliced & drained peaches

Sift flour, baking powder and salt into a mixing bowl. Add sugar, beaten egg and milk to batter. Pour melted butter into 9 x 9 baking dish. Add batter to baking dish. Add drained peaches on top of batter. Optional - sprinkle 2 Tbsp. of sugar on top. Bake at 350 degrees for 15-20 minutes or until edges are brown.



THE ART OF BREAD MAKING

PIZZA BREAD

- 2 1/2 cups of Flour
- 1 tablespoon of Yeast
- 1 teaspoon of Salt
- 4 tblespoons of Oil
- 1 cup of Warm Water
- 1 tablespoon of Honey

Mix dry ingredients together then add wet ingredients. Knead for 5 minutes then let rest for 5 minutes. Roll out dough and bake for 12 to 15 minutes at 375 degrees.



THE ART OF COOKING

ROAST

- 4-5 lb. Beef Roast
- 2 Tbsp. olive oil
- 2 Tbsp. butter
- Season as desired (Oregano, Sage, Pepper, Creole etc.)
- 2 chopped onions
- 2 chopped carrots
- 4 chopped medium potatoes
- 1-1 ½ cups of water

In Quart Dutch Oven, brown roast on all sides in oil and butter over medium heat. While roast is still browning, add onions, seasonings, potatoes and carrots. Carefully add water and cover with lid. Bake in oven at 350 degrees for approx. 2 hours or until meat is tender and falls apart.



THE ART OF BREAD MAKING

SOURDOUGH

- 2 cups of All Purpose Flour
- 3 tablespoons of Sugar
- 1 tablespoon of Active Dry Yeast
- 1/2 teaspoon of Salt
- 2 cups of Warm Water

Mix in plastic or glass bowl till blended. Cover with cloth and set in warm place out of draft. Stir several times each day. Let ferment 2 to 3 days. To use, remove starter needed for recipe then refrigerate remaining starter. Replenish every 7 to 10 days by stirring equal amounts of water and flour. Let stand at room temperature overnight and return to fridge.



THE ART OF BREAD MAKING

STANDARD BREAD DOUGH

- 2 1/2 cups of Warm Water
- 2 cups of whole Wheat Flour
- 2 teaspoons of Salt
- 1/2 cup of Oil
- 1/2 cup of Honey
- 1 tablespoon of Yeast

Add the Water, Flour, Salt, Oil and Honey and mix together. Then mix in the yeast. Add flour until you have a nice dough (4 or 5 cups). Knead and let rise for 30 to 40 minutes in a warm place. Punch down and form into loaves. Place in greased loaf pans and use a fork to poke several holes into dough. Let rise again for about an hour. Bake at 350 degrees for about 30 minutes, or until lightly golden brown.